

### Abstract

A suspension system for skis which incorporates a plurality of linkage mechanisms that control absorption dynamics. The linkage mechanisms couple a plurality of plates  
5 between the ski binding and the ski. A plurality of resilient elements are located between these plates to dampen impact forces and resiliently maintain spacing between the ski bindings and the ski. The linkage mechanisms may include unitarily constructed panels having flexural couplings or formed rod linkages. These linkage mechanisms constrain the lateral rotational motion of the plates relative to the ski, thus providing edge control  
10 concurrent with vertical movement. This allows for precise edge control and significant absorption of impacts and vibration. This device may be integral with the ski, or mounted on top of the ski. In either case, it is a mounting platform for the bindings.